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CR Morrow Sales Manager Mark McAndrew, left, and Mark Mackin, Sales Executive are preparing to launch the new Hyundai Tucson (inset) at the Bessbrook Dealership. SEE PAGE 30

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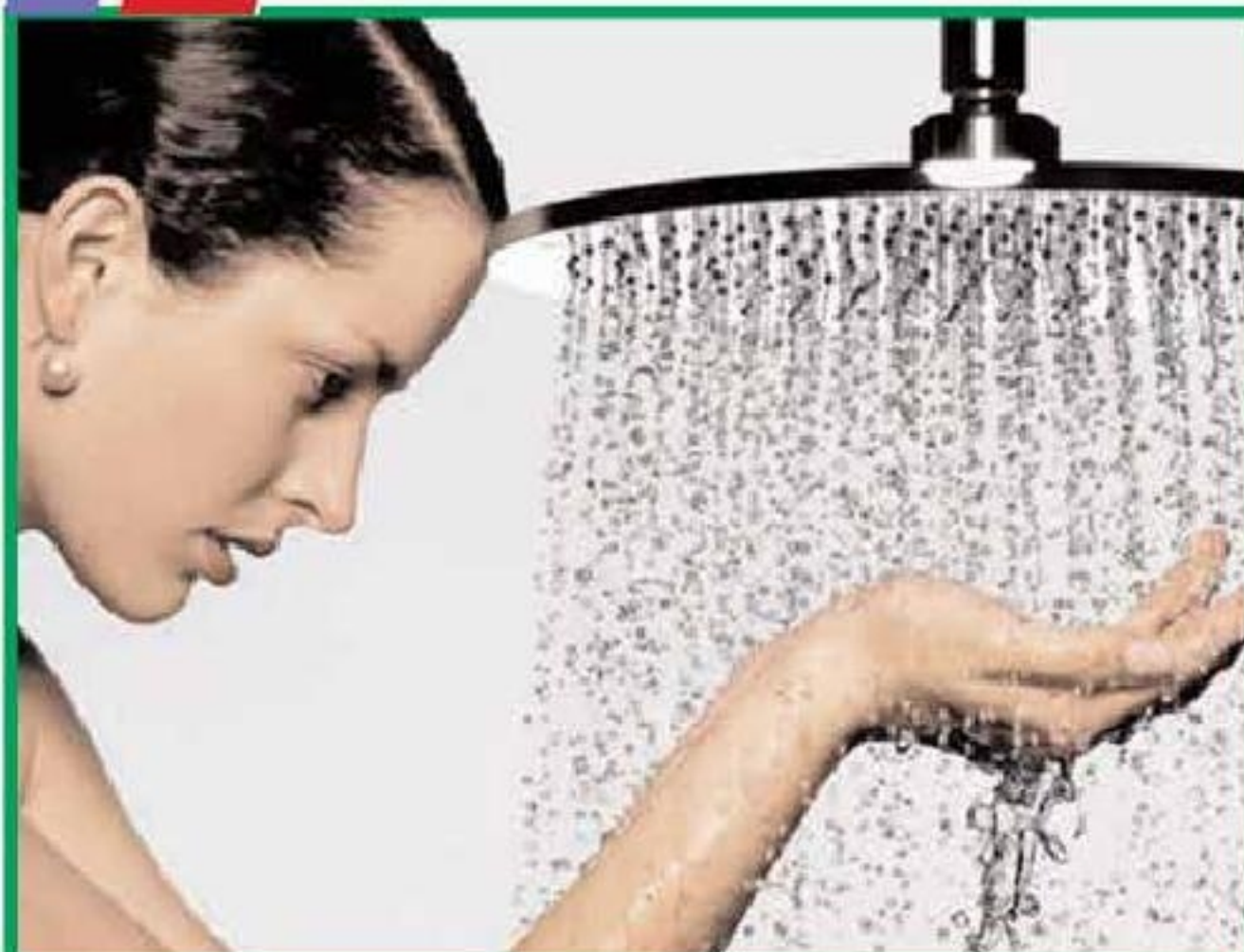
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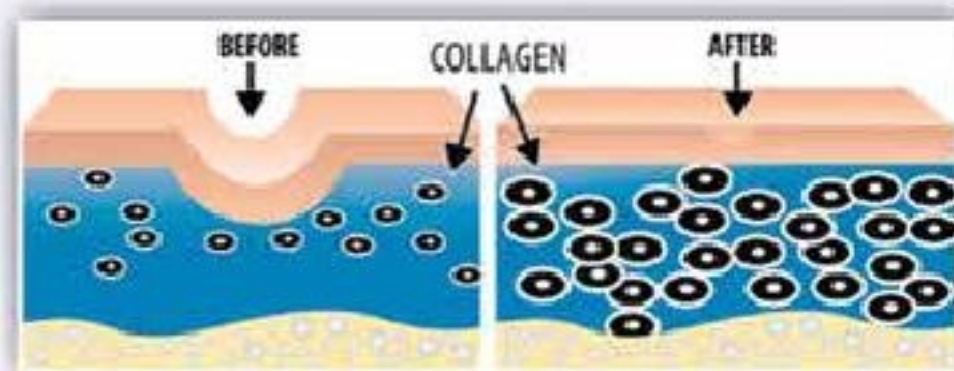
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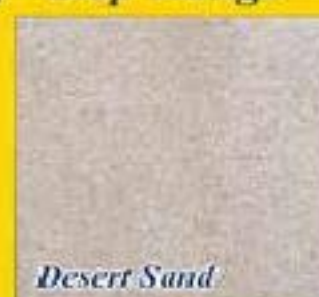


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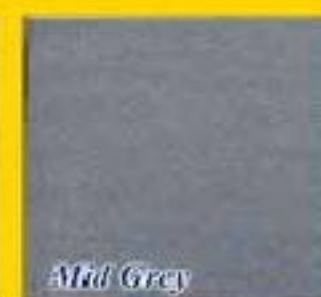
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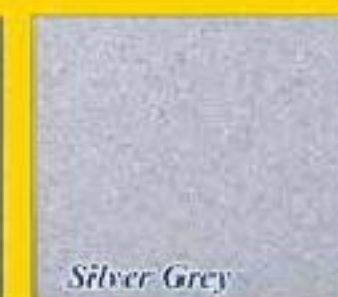
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Kellys Golf Centre Summer Camps a tremendous success!



Children with their certificates of achievement after completing the Summer Camp at Kellys Golf Centre.

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Having grown in popularity over the years, resident PGA Professional Coach, Dougie Bell, along with his assistants, witnessed record numbers attend the camps this year at Kellys Golf Centre. Each camp runs from Monday to Thursday and begins with each child being given a personal development workbook which provide step by step guides leading them through different levels of progression in their game.

On the last day of each camp, the children put into practice what they had learned

throughout the week by playing the challenging 9 hole Par 3 course at Kellys Golf Centre. There is then a presentation, led by Dougie Bell, back at the Club House, where each child is presented with a certificate of achievement for their hard work over the week.

Kellys Golf Centre encourage the children who have attended the summer camps to then progress into their Saturday League where they can play regular golf with people their own age on a course that is perfect for their future development.

If your child would like to take up the game of golf, there is no better place than Kellys Golf Centre. Their junior Saturday classes will be starting up again on September 12th. For future information and to book a place for your child call in to the Golf Centre or telephone 028 4177 3247.



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


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Frank Mitchell has Laser Eye Surgery with Optilase, Europe's No.1 Eye Clinic

Optilase have been at the forefront of this revolutionary eye surgery advancement and performed thousands of successful procedures. Frank Mitchell shares his experience of Laser Eye Surgery at Europe's No.1 Eye Clinic.

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. The simple things such as driving, reading, anything up close, seeing anything in the distance really also, was becoming impossible without either my glasses or contact lenses.

I had considered getting Laser Eye Treatment for some time, but had never gotten around to finding out some more about it - until a friend of mine recommended Optilase, right in front of the Belfast City Hall.

The Clinic at Optilase is more like a five Star Hotel and I was so at ease - and being right in front of the City hall, it was also very handy to call in and ask some questions.

After hearing that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe, I felt very reassured with taking such a big decision in 'letting' someone at my eyes - so I booked my Free Consultation.

Fortunately, I had already done my homework online, through mainly their website, and its clear to see that Optilase spare no expense with not only their Lifetime Aftercare Guarantee, the most experienced Surgeon in Ireland and UK (by number of completed treatments) and also with the Lasers they use are the most highly recommended Laser in

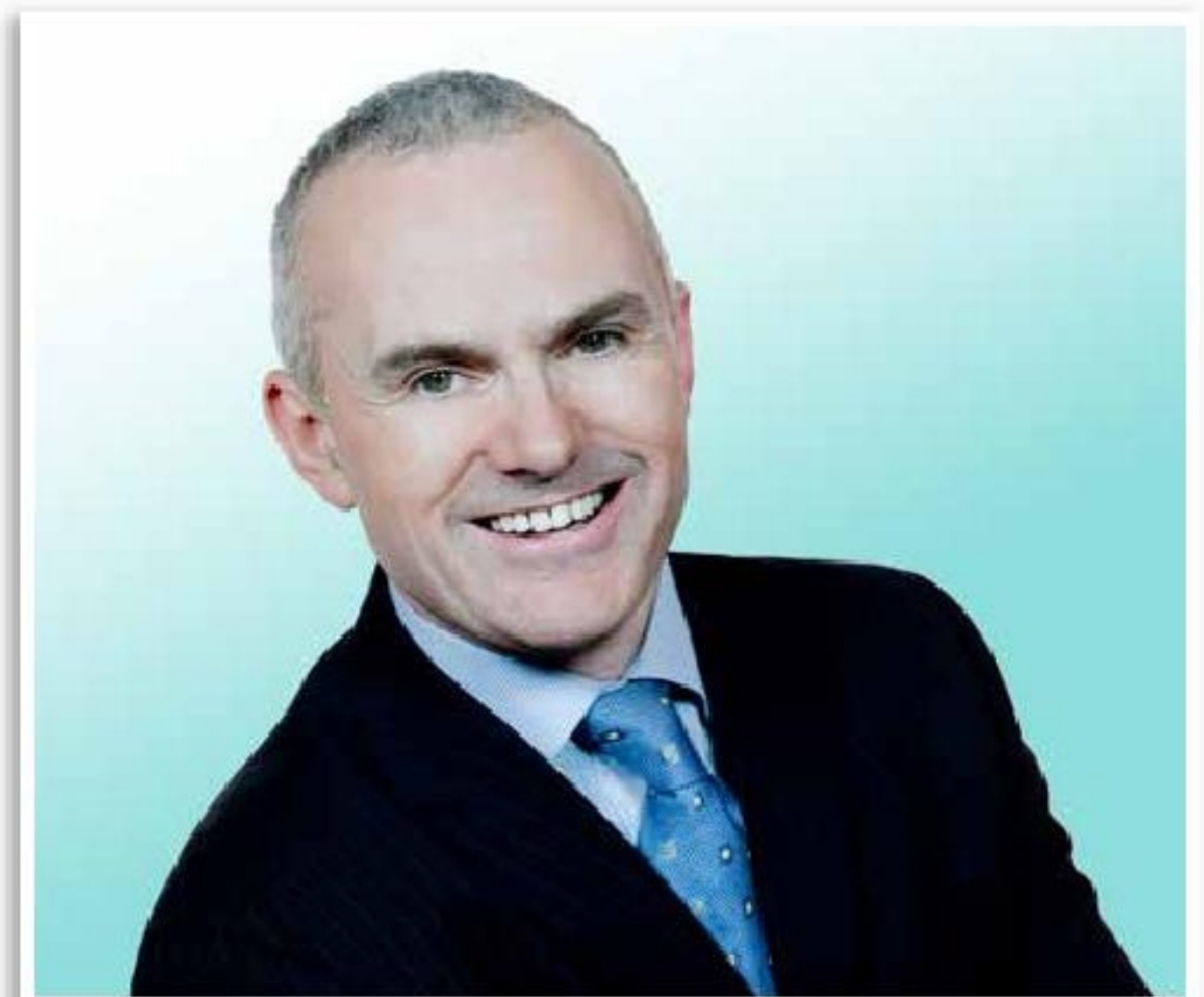
the world (The Schwind Amaris for you geeks out there...!)

I felt completely reassured and at ease throughout my whole consultation - I spent the whole hour with only Grainne, who I must really commend on her knowledge and professionalism (and the coffee was great...!!)

The treatment would give me my near and distance vision and would do away with glasses altogether!

Optilase are very selective about who they treat - Grainne explained to me that although the Laser and equipment is able to treat a huge range of prescriptions, the parameters at Optilase are much tighter to really give each and every Patient the absolute optimum results possible.

By now I really wanted it done and I was shown the potential about how good my Vision could be afterwards. I opted for the KAMRA Treatment, with laser - exactly as the Surgeon and Grainne had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!



So two weeks later the big day came - and I approached this with some confidence, though still a little nervous.

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. Wayne was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none and just brilliant.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic.

There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were watering all the way home and I had to

wear black sunglasses to protect my eyes, though the staff did advise me that I would be light sensitive straight away as my 'New Eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that one). If I had some advice for anyone out there who wears specs, get it done - and get it done now! If only I had it done years ago...!!

My advice? Visit Optilase and find out if you can have it done - if you are suitable, find a way to have Treatment. It will change your life forever...I'm glad I did!! For more information call Optilase on 08000 121 565 or 04890 438397. www.optilase.com.



Call 08000 121 565 04890 438397 (ROI)

Book a Free Consultation at Optilase Newry

Learn more about Laser Eye Surgery, visit www.optilase.co.uk

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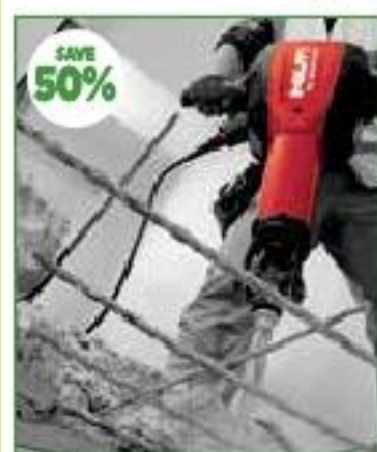
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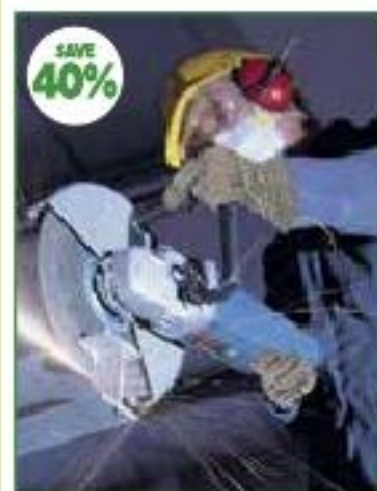
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Funded by the Big Lottery our SPACE 1 project supports families in need, helping them find strengths, overcome difficulties and build better futures. Our work can be very practical - help with transport, homework clubs, parenting programmes, practical help with childcare/household management or may involve a range of more complex help where situations are challenging. We understand that family life is not always easy, life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems all put stress and strain on family life and relationships.

Over the next 6 months we will be rolling out a programme of events throughout the area. Keep up to date with what we are doing by following us on Facebook (www.facebook.com/spaceni) and Twitter (@InfoSdfhi), call on 028 3038 3576 or call in and see us at Love Your Space, 24 Monaghan Street Newry.


SPACE 1

UPCOMING EVENTS 2015/2016

- PARENTS CARERS INFORMATION EVENINGS
- FAMILY AND PARENTING SUPPORT IN THE HOME
- FACTS & FUN DAYS FOR THE WHOLE FAMILY
- BOUNCE PROGRAMMES FOR CHILDREN AND PARENTS
- HEADSTART PROGRAMMES FOR CHILDREN
- MINDFULNESS FOR CHILDREN
- AFTER SCHOOL CLUBS

For more information contact:
SPACE on 028 3038 5764

24 Monaghan Street, Newry
www.space-ni.com



Love Your Space - Social Enterprise

Love Your Space is an emporium of wonders, packed full of preloved bits and bobs. The rails are packed with high street fashion and we sell up-cycled furniture to boot; this Charity Shop in Newry is a cut above the rest. Here at Love Your Space we cater for all shapes and sizes and for all occasions.

LYS offers a range of volunteer opportunities from up-cycling furniture, serving on tills to getting involved with sellable arts and crafts. Working together with organisations such as the Link Works, Newry SRC and New Horizons, we offer the perfect environment for people of all ages and abilities to get involved in valuable work placements. Many of our volunteers have

SPACE - Supporting People and Communities Everyday

commented on how volunteering at LYS have given them the confidence boost they needed to return to paid employment.

We gratefully accept your lovely donations of clothes, Bric 'a' Brac and furniture. Our furniture is up-cycled in house and we strive to come up with classic and original designs daily. All income generated by "Love Your Space" is reinvested into the charity SPACE to support the work that we do with families and individuals every day.



MARA - Maximising Access to Services, Grants and Benefits in Rural Areas

The MARA project has been a huge success and since April 2012 we have visited over 2500 homes across rural

South Down, South Armagh and Craigavon giving advice on services grants and benefits that you are entitled to but may not know about. We have had some amazing success stories and these keep on rolling in. One example is.

Case Study - Mrs X - Forkhill

Mrs X requested a number of referrals including a Benefit check and an application for the Boiler Replacement Grant. After being assessed by Social Security staff it was decided she was eligible for Pension Credit of £172.88 and Attendance Allowance of £40-50 per week. This has improved Mrs X's financial situation greatly. We also organised a Home Safety visit for her and she received a range of safety equipment including a Carbon Monoxide alarm. On top of all this Mrs X also received a grant of £1,000 towards a new boiler and free loft insulation and a hot water jacket. Needless to say she was delighted with these outcomes and couldn't believe that so much could come about because she made a 2 minute phone call to arrange a free visit.

Mrs X is only one of the many householders we have been able to help through the MARA Scheme. Sadly funding is due to end for MARA and we will only be doing visit up to the end of October so if you or any of your friends or family who live in rural South Down, South Armagh or Craigavon would like us to check if there are any additional services, grants or benefits out there for you please call Allison or Anouska at SPACE on (028) 3083 5764 to arrange a free home visit. All information received will be strictly confidential and only shared with the relevant agencies after your approval.



To book a visit please complete the following and return to:
SPACE, 24 Monaghan Street, Newry, BT35 6AA

Name: _____

Address: _____

Postcode: _____

Date of Birth: _____

Phone Number: _____

To Access this FREE service contact
Allison or Anouska on:
028 30835 764

Mourne Home 2 Hospital

SPACE has recently been awarded some funding to pilot a home to hospital project in partnership with the Newry Mourne Rural Community Transport project.

The project is aimed at those aged 60+, living in the Mournes, Kilkeel and surrounding areas who require help to get to hospital appointments in Belfast, Craigavon, Dungannon etc.

If this applies to you please contact Allison or Anouska at SPACE on 028 3083 5764.



The Newry Clinic

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708

Open Monday to Friday
Evening & Saturday Morning Clinics Available
Pregnancy Ultrasound Scans from £70/€90
Gender Scans £80/€110



The Newry Clinic, are delighted to offer expectant mothers the early pregnancy scan, gender scan, fetal anomaly scan and nuchal translucency scan.

The clinic is taking bookings for alternate Saturdays and one evening per week. Please book by phoning us on 028 30257708.

You can self-refer to The Newry Clinic and do not need a doctors letter for most of the scans. A referral letter is required for the fetal anomaly scan.

An early pregnancy scan can be performed from 6 weeks, but ideally from 8 weeks of pregnancy until 14 weeks of pregnancy. The early pregnancy scan takes approximately 10/15 minutes. Our experienced sonographers will check for a heartbeat (which is the best indicator of a healthy baby at this stage), measure the baby and confirm your expected due date, and check for twins or multiples. At 8 weeks, the baby is still very small and shaped like a bean, whereas by 11/12 weeks gestation, the arms, legs and head are more visible on the scan. Clients will receive several 2D black and white prints of the scan.

The Newry Clinic performs gender scans from 20 weeks of pregnancy. The gender scan takes approximately 15 minutes. If the baby is in a good position, it takes only a few minutes to check the sex, so the remainder of the scan allows parents to have a good look at their baby. Clients will receive several prints of the scan to take home with them. If the baby is not in a good position to assess the gender, the sonographer will ask you to come back for a repeat appointment to recheck the sex again at no extra charge.



The Newry Clinic

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708

Fax: 028 3026 6291

Email: appointments@newryclinic.com

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- Orthopaedics & Joint Injections
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- Speech and Language Therapy
- C.B.T. Counselling Clinic / Relationship Counselling
- Diabetic Clinic / Dietician Clinics
- Medical Cosmetic Clinic

All of our services are provided by experienced senior medical staff.

2015 Annual P.I.P.S. Newry & Mourne 10m road race & 5k walk

With last year's attendance topping more than 500 runners and walkers, organisers are hoping for more of the same for this year's event. In an effort to improve the event this year the routes have been organised and changed slightly to accommodate both the runners and the walkers.

This year the runners will return to the finish line via Jerrettspass village and the main Newry Road, rather than the return via the Canal Towpath as in previous years.

For both runners and walkers the scenic, flat, traffic-free towpath route is open to all abilities and is an excellent course for people looking to complete an easy flat 5km walk and first half of the 10k run.

These changes allow both runners and walkers an uninterrupted event, while also creating possibly the fastest 10k run event locally. The event will begin as usual at Sculpt Fitness Studio, Carnbane Industrial Estate, Newry at 11am with ample free car parking provided free by MJM Marine.

The event will begin with a memorial balloon launch for all those who have tragically died through suicide and families bereaved are particularly welcome to attend and remember their loved one.

The 10k Road Race is offering a chip timing and results service so all runners will be able to see their chip time. There are prizes for 1st, 2nd and 3rd male and female runners

and all participants will receive medals and now introducing for the first time a Club Trophy. Event prize sponsors ASPRAY Property Management have provided a NEW winning cup for the club with the fastest 3 finishers across the male/female categories. This is a great incentive to register your club members online early.

The start and finish area is as always at the Sculpt Fitness Studio, Carnbane Industrial Estate, with scenic views around the towpath and canal area, it is an ideal opportunity to bring your friends and family down to one of the regions most enjoyable and popular running and walking events.

David Garey (Newry City Runners) said: "Last year's event had an amazing turnout and the family friendly atmosphere was great. It's so important to show support to this great charity through one of the best 10k runs throughout the year".

To secure your place please take time to register online today for your run or walk. To enter online please register at: <http://www.active.com/.../distance-running-ra.../pips10k-5k-2015> or contact the PIPS Newry & Mourne office on T: 028 3026 6195 E: info@pipsnewryandmourn.org

We would like to thank our sponsors Sculpt Fitness; Pat Courtney; Grounded; Me2You Sandwiches; Deli-Lites; Up & Bouncing; White Mountain Water; Aspray Property

Management; First Trust Bank and Messages Card Shop for their support of the event.

Please support the charity as much as you can by donations or through sponsorship. If you are raising funds for PIPS Newry & Mourne, please contact Eamon or Laura at info@pipsnewryandmourn.org who will provide you with flyers, sponsor cards, racing bibs and information.

We hope that you will consider being part of the 5th 10k Road Race/5k Walk as a runner/walker, volunteer or as a spectator.

If you have already entered, we wish you the very best in your race preparations. <http://www.active.com/.../distance-running-ra.../pips10k-5k-2015>

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My mother who is 80 years old, suffers from terrible arthritis and gout and is very
 restricted with the medication she can use because of a health problem she had.
 She started using your Rub last year and she thinks it is absolutely wonderful.
 Everyone that comes to visit gets to hear about "The Rub" including her doctor and
 consultants. Thank you so much.

- Anne, Monaghan

I recently suffered acute sciatica, I had been on anti-inflammatory medication with
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- Brid, Ballinasloe

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Coping with Panic Attacks

Anyone who has ever had a panic attack will relate to it as one of the most frightening experiences they have ever had. It can hit like a bolt of lightning, and for many people the panic can continue - sometimes on a daily basis. Some people can be reluctant to tell family or friends what they are going through. So they live in a hell of unbearable silent fear. Yet it can be so, so different. Modern developments in brain science have given us access to very practical tools for coping with and eliminating panic attacks completely. Let's take a look at what causes panic attacks.

Mark (32) was watching TV one night with his partner and two young children. Suddenly he felt his chest tightening. He found it increasingly hard to breathe. He broke out in a cold sweat. He felt the room was closing in around him. His heart was pounding. He could not sit still, and felt faint when he stood up. He just wanted to "get out". He was terrified. He had never felt like this before. Mark was having his first full blown panic attack.

Mark's partner took him to A&E. The medics found nothing



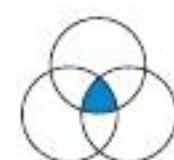
medically wrong. The next day his GP suggested he may have had a panic attack. Mark thought this unlikely as he did not think he was overly worried about anything. A few days later, after two more panic attacks and on the advice of his doctor, Mark went to see a therapist.

When talking to the therapist Mark was astonished to realise the number of stressful changes that had taken place in his life over the last 14 months. He had a new job where his supervisor was setting him more and more difficult work. As a result he was working long hours, had little time for his kids, had frequent headaches and his relationship with his partner was strained.

The therapist explained the connection between the stress and the panic attacks and taught Mark some coping techniques during the very first session. The panic attacks stopped over a few weeks, and in a few more sessions, Mark learned how to cope with the stress and be more assertive with his supervisor. He recovered completely.

Our bodies warn us when we are over worked, stressed or worrying too much. Sometimes we ignore the early warning signs. If we don't pay attention, and change our life style and/or learn some coping skills persistent worry, anxiety and panic attacks can result. When a person is having panic attacks the body is telling them that "they need immediate help!"

If you are anxious, and having panic attacks book an appointment with Paul Grant. Paul runs a private therapy practice in Newry and helps people on a daily basis to deal with anxiety and panic attacks. To contact Paul for advice or to book an appointment call 077 3973 1424, e-mail paul@paulgranthgtherapy.com or see www.paulgranthgtherapy.com for more information.



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Do you Care or Support someone with Dementia?

Alzheimer's Society is delivering a **Carer Information and Support Programme-CrISP**. CrISP is a series of workshops for people caring or supporting a family member or friend with a diagnosis of dementia. It provides an opportunity for you to talk freely in a friendly and confidential environment about your experiences and the impact they are having on you.

The workshops aim to provide you with information and support.

Week 1 - Induction and Welcome - Welcoming everyone to the programme.

Week 2 - Understanding Dementia - Explores the physical, psychological and emotional impact of dementia.

Week 3 - Legal and Money Matters - Explores legal and financial issues to help you understand the importance of planning for the future.

Week 4 - Providing Support and Care - Explores concerns/challenges that may arise when supporting a person with dementia.

Week 5 - Coping Day to Day - Looking at the physical, psychological and emotional impact that dementia may have on you as a carer.

The free workshops are run by Alzheimer's Society staff and volunteers for a group of up to 12 people who care or support a family member or friend with dementia.

If you are interested in attending the programme in your area - please contact:

Heather Von Loggerenberg
Dementia Support Worker - CrISP facilitator
Southern Area
077 1832 2722 or 028 3025 6057

E: h.vonloggerenberg@alzheimers.org.uk
www.alzheimers.org.uk

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 T: 028 3831 5870 E: South.Planning@nihe.gov.uk

Before 11 September 2015 (quote the reference 'LD Culloville').

A housing officer may be in contact to complete an application.

It is vital anyone in housing need registers so the Housing Executive can accurately assess the level of need.

Please note: if the Housing Executive establishes a need for new housing it will be highlighted to housing associations. They may seek to identify and develop an appropriate site. Any development will be subject to planning approval.

Housing Executive



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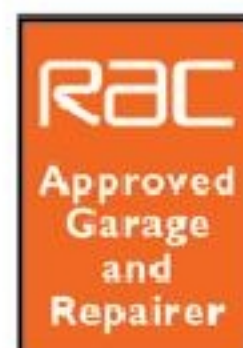
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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. *Terms and conditions apply, participating dealers only or visit www.peugeot.co.uk. A guarantee may be required. Written quotations available from Peugeot Financial Services, Quadrant House, Princess Way, Redhill, RH1 1QA. Personal Lease contract example, 2008 Active 1.2 VTI 82 initial payment £175, optional final payment £5,831, 46 monthly rentals of £174.52 based on 6,000 miles per annum. If you choose to pay off the optional final rental, you can pay an annual rental equivalent to one of your monthly rentals but will not own the car. Ownership is possible with Passport, ask your Dealer for details. Excess mileage charges may apply. Offers applied to eligible vehicles ordered and registered between 1st July and 30th September 2015. Retail sales only. Calls may be recorded for training purposes.

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